

## Outdoor Recreation 480-350-5200

**Gardening: Rose Gardens 480-350-5201**-Roses add a special touch to any garden and may be used as ground cover, climbers or shrubs. This class will get beginners started on their own rose gardens and provide intermediate gardeners with helpful hints. Topics include: proper planting, pruning, pest control and care. Fee: \$11.  
KGAR-1D 18yrs+ Th 9/22 6-7pm KRC

**Gardening: Annuals 480-350-5201**-Learn which annuals are best at providing year-round color in containers and beds and how best to use them for long-term design. Fee: \$11.  
KGAR-2D 18yrs+ Th 9/29 6-7pm KRC

**Gardening: Design your own Herb Garden 480-350-5201**-Learn the basics of herb care and create a working plan of herbs that grow well in the desert. Both landscape and container planting will be discussed. Fee: \$11.  
KGAR-3D 18yrs+ M 10/10 6-7pm KRC

**Gardening: Vegetable Gardens 480-350-5201**-Want organic vegetables grown in your backyard? Learn how to plant, fertilize and care for your vegetable garden naturally. Fee: \$11.  
KGAR-4D 18yrs+ M 10/24 6-7pm KRC

**Gardening: Irrigation 480-350-5201**-Proper irrigation provides a healthy environment for plants. Find out how to install, maintain or fine-tune your watering system. Learn great tricks to save money and time. Fee: \$17.  
KGAR-5D 18yrs+ Th 11/3 6-8pm KRC

**Women's Hiking Group**-Exercise and enjoy the outdoors with female camaraderie. Class will consist of one mandatory classroom meeting for new participants prior to all hikes on September 13, 7pm at Pyle Adult Center. Participants must be in good health. Hikes are easy to moderate. You will need a day-pack, lunch and transportation to and from the trail head-carpooling optional. Classroom meeting and hikes meet at the Pyle Adult Center.

**Series 1-Level 1:** Hidden Valley/Fatman's Pass, Sat. 9/17, 7am-1pm; Hackberry Springs-Superstition Wilderness, Sat. 10/1, 7am-3pm; Sunrise Trail-McDowell Mountain Park, Sat. 10/15, 7am-3pm. Fee: \$44.  
OHIK-1D 18yrs+ Tu 9/13 7-8pm PAC

**Series 2-Level 2:** Horton Creek-Tonto Nat'l Forest, Sun. 10/16, 7am-5pm; Seven Springs-Cave Creek, Sat. 10/29, 7am-5pm; Pima Canyon-Pusch Wilderness, Sat. 11/5, 7am-5pm. Fee: \$44.  
OHIK-2D 18yrs+ Tu 9/13 7-8pm PAC

## Outdoor Classes and Workshops

**Basic Birding**-Do you know what bird this is? Learn to identify wild birds in the incredibly diverse environment of Arizona. Class instructed by Herb Fibel, past president of the Maricopa Audubon Society. Three weekend field trips will be scheduled on the first night of class. \*No class 10/12. Fee: \$24.  
ORCL-1D Adult W 9/14-11/2\* 7-8pm PAC



**Discover Scuba**-For those who think they might like to learn how to Scuba dive, this is your chance to "test the waters". This workshop will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements. Wear your swimsuit and bring a towel, you will be able to get into the pool with an instructor and try out the equipment. Fee: \$40.  
ORCL-3D 16yrs+ Tu 9/27 6:15-8:45pm OCP  
ORCL-4D 16yrs+ Th 10/13 12-2:30pm OCP  
ORCL-5D 16yrs+ Th 11/3 6:15-8:45pm OCP

**Hunter Education**-Volunteers from Arizona Game and Fish Department will instruct this course. Class will consist of 9 two-hour classroom sessions and a mandatory session at the firing range on October 1. Participants must be at least 10 years old in order to receive official certification. Families are encouraged to take the class together. Fee: Adult \$6; Youth \$3.  
ORCL-6D 10yrs+ T&W 9/13-10/11 6:30-8:30pmPAC

**Rock Climbing and Rappelling**-Basic instruction on fundamentals and techniques of climbing, as well as knot tying and methods of belaying. Adults 18 years+ only. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form. Fee: \$44.  
ORCL-8D 18yrs+ W 10/12-10/26 6:30-9:30pmROC

## Rowing



With the start of Fall Classes the City's rowing program will move to the Tempe Town Lake Marina. This is a beautiful venue utilizing a dock to launch the shells, greatly decreasing the distance required to carry boats while eliminating sand in the equipment. The boat storage is on the waters edge (pictured above) and is an aesthetically pleasing experience. Erg workouts can be conducted while looking out at scenic Town Lake. This guarantees to be a real treat for all class participants.

**Junior Rowing**-Junior refers to high school age rowing or anyone 18 years old or younger. Rowers spend their first year as a Novice rower; learning the technical skills and gaining the physical fitness needed to produce a smooth, stable boat. At local competitions, novice rowers race against other novice rowers leveling the playing field and creating some exciting race opportunities. After completing the novice year, rowers enter into the Varsity class to improve their skills and fitness and to focus on upcoming races. There is more emphasis on boat speed and selection; the team will race locally as well as going on the road to race.

**Novice-Recreational Row/Juniors**-Develop your rowing skills in a team sport environment. The novice year focuses on learning the rowing stroke and rowing fitness. Novice/Recreational rowers will be eligible to race in our local race; The Hot Head Regatta, October 29.. Float tests\* will be held on 9/7 at a local pool for all first timers. Recommend 1-year participation. Call to inquire about rolling enrollment, 480-350-8313. Fee: \$125.  
OROW-1D 13yrs+ M/W/F 9/7-12/9 4-6pm TTL

**Varsity Row-Juniors**-Designed for rowers that have completed their novice year and/or have taken the Varsity class before. Varsity Rowing fine-tunes the skills you have learned to create fast racing boats and build a competitive team. This class will be training and preparing for the following races; Hot Head Regatta, 10/29, Head of the Marina, 11/5 and the Newport Fall Rowing Festival, 11/6. This course is repeatable. Prerequisite: 2 Sessions Novice Rowing. Fee: \$145.  
OROW-2D 13yrs+ M/Tu/Th/F 9/6-12/9 4-6pm TTL

## Float Test

The float test is conducted during the first session of class at a City of Tempe pool, usually Kiwanis Recreation Center. Students will be asked to float, tread water and/or swim unassisted for ten minutes. Please come with shorts and a t-shirt to float in, as well as a change of dry clothes. A presentation on rowing safety and a class introduction will be held at the pool as well.

**Adult Rowing**-Adult Rowing encompasses anyone who is 18 years old or older. Whether you are an accomplished competitive rower or if you have never seen a rowing shell before, we have a class for you.

- Beginners will take the Learn to Row 1 course to get introduced to the very basics of rowing. Learn to Row 2 will allow you to improve your newfound skills (or remember your old rowing skills!) and prepare to join the Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team; form boats and, possibly, put your skills to the test at one of our local rowing races.
- Intermediate/Fitness rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process. There is an option of racing at local (11/ 29, Hot Head Regatta) and regional (Head of The Marina, 11/5 and Newport Rowing Festival, 11/6) regattas with these classes.
- Competitive/Advanced Rowing is for those who have had one or more years of rowing experience and some racing experience. This group focuses on competitive rowing and competing in local (Hot Head Regatta, 11/29), regional (Head of the Marina, 11/5 and Newport Rowing Festival, 11/6) and national regattas (Head of the Charles).
- No Classes will be schedule the weekend of Oct. 29/30 because of a City sponsored Rowing Race.

**Learn to Row 1**-Designed exclusively for first time rowers, this course will lead you through the basics of the sport of rowing. Safety, boat handling, proper rowing technique and initial fitness development are stressed. Participants must be able to pass the 10 minute float test\* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory. Fee: \$105.  
OROW-3D 18yrs+ Sa/Su 9/10-10/9 7:30-9:30amTTL  
OROW-4D 18yrs+ Tu/Th 9/6-10/6 5:45-7:45pmTTL  
OROW-5D 18yrs+ Sa/Su 10/22-11/27 7:30-9:30amTTL

**Learn to Row 2**-Build on the skills you learned in LTR 1 in order to row or cox in an 8 or 4 person shell. Focus is on developing rowing skills, fitness and confidence to progress to Novice Rowing. Prerequisite is LTR 1. Fee: \$105.  
OROW-6D 18yrs+ Sa/Su 9/10-10/9 7:30-9:30amTTL  
OROW-7D 18yrs+ Sa/Su 10/22-11/27 7:30-9:30amTTL

**Adult Novice Rowing**-Completed Learn to Row 1 & 2 and you want more? Join rowers like yourself and continue the learning process. This follow-up class to LTR places even more emphasis on skill building and fitness development. Students are encouraged to repeat this course in preparation for advancement to higher levels. Local race participation is an option with this class. Prerequisite: LTR 2. Fee: \$140.  
OROW-8D 18yrs+ Sa/Su 9/10-12/4 7:30-9:30amTTL

**Adult Fitness Row**-Designed for the rower who has completed Novice Rowing and wants to gain a higher level of experience. Fitness rowing will challenge rowers to improve skills and develop a strong cardiovascular fitness base. Prerequisite: Two sessions Novice Rowing or one session Open Row. Fee: \$140.  
OROW-9D 18yrs+ Sa/Su 9/10-12/4 5:30-7:30amTTL

**Adult Competitive Rowing Program**-This course is designed with the serious competitive athlete in mind. Rowers are taught racing techniques, strategy and boat speed development. This class will be building toward a competitive national racing schedule. Prerequisite: One year plus rowing experience, with some racing experience. (15 weeks) Fee: \$175.  
OROW-10D 18yrs+ M/Tu/Th/F 8/29-12/9 5-7am TTL

## Outdoor Recreation

➤ **NEW! Open Row**-This class is designed to encourage mixed boat rowing, trying different lineups as well as combining sweep rowing and sculling. Specific sculling and sweep coaching will be provided for all boats. Participants welcome to take class with set line ups. Prerequisite: 1 session Novice Rowing or 1 session Intermediate Sculling. Fee: \$155.  
OROW-11D 18yrs+ M/W 9/7-12/7 5:45-7:45pm TTL

**Ultimate Rowing**-This class will mix the disciplines of sculling and sweep rowing, so a true sense of boat feel and boat speed is developed. It is modeled after the latest training methods used by the American and Canadian National Rowing Teams. All participants will alternate classes sculling and sweep rowing, with a specific coach for each discipline. Prerequisite: One year rowing experience and some race experience. Fee: \$140.  
OROW-12D 18yrs+ Sa/Su 9/10-12/4 5:30-7:30am TTL

**Basic Sculling**-Learn to row a single, double and quad oared shell. It is designed for people with no sculling experience. Prerequisite: Learn to Row 2. Fee: \$88.  
OROW-13D 18yrs+ Sa/Su 9/10-10/9 9:30-11am TTL  
OROW-14D 18yrs+ Sa/Su 10/22-11/27 9:30-11am TTL

**Intermediate Sculling**-This class is designed for those wishing further development of their sculling skills. There will be some emphasis placed on boat speed and competitive training. There is an option to participate in local and regional races with this class. Prerequisite: Two sessions basic sculling. This class is repeatable. Fee: \$80.  
OROW-15D 18yrs+ Sa/Su 9/10-10/16 7:30-9:30am TTL  
OROW-16D 18yrs+ Sa/Su 10/22-12/4 7:30-9:30am TTL

**Erg Fitness**-This class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. Prerequisite: LTR 2. Fee: \$50.  
OROW-17D 18yrs+ Tu/Th 9/6-9/29 6-7:30pm TTL  
OROW-18D 18yrs+ Tu/Th 10/4-10/27 6-7:30pm TTL  
OROW-19D 18yrs+ Tu/Th 11/1-11/29 6-7:30pm TTL

## Kayaking

**Moon Light Kayak Float**-Ever paddled by the light of the moon? Now you can with Arizona Canoe & Kayak. We'll fit boats, grab paddles and wear life jackets to launch our boats on Tempe Town Lake under the full moon. Prior experience is not necessary. Bring your swim suit, glow sticks, towel and dry clothes and prepare to howl at the moon. Kayaks, canoes, equipment and PFDs will be provided. Must be 18 years or older to participate. Fee: \$25 if you need a boat, \$15 if you bring your own boat.  
OPAD-1D 18yrs+ Sa 9/17 6-8pm TTLM

**Beginning Kayaking**-Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class teaches you how to fit and select gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique in preparation for white water or sea kayaking. Bring your swimsuit and towel and prepare to have fun! Kayaks, equipment and PFD's provided. Fee: \$185.  
OPAD-2D 16yrs+ Sa/Su 9/10,11,17,10/8 Sa 12-4pm Su 2-6pm ASUSRC  
KAY1-1D 16yrs+ Sa/Su 10/8, 10/9, 10/15, 10/16 1-5pm KRC  
KAY1-2D 16yrs+ Sa/Su 11/5, 11/6, 11/12, 11/13 1-5pm KRC



**Introduction to Olympic Flat Water Sprint Kayaking**-This youth class is designed to introduce beginners to the skills necessary for flat water sprint kayaking including balance, paddling techniques and conditioning. Participants progress from stable flat water kayaks to Olympic class flat water kayaks. This class will focus on developing a core of young paddlers in the Tempe area. A float test will be required and will take place the first day of class. All equipment will be provided. No experience necessary. Fee: \$40.  
OPAD-3D 12-17yrs Sa 10/1, 8, 15, 22 10am-12pm TTLM  
OPAD-4D 12-17yrs Sa 11/5,12,19,26 10am-12pm TTLM

**Kayaking-Ride the Waves**-For advanced kayakers to practice, workout, or demo the latest kayak designs and/or equipment. Paddlers must have completed the flat water and wave classes to enroll. Fee: \$25.  
KAY5-1D 15yrs+ Su 9/25 1:30-4:30pm KRC  
KAY5-2D 15yrs+ Su 10/2 1:30-4:30pm KRC  
KAY5-3D 15yrs+ Su 10/23 1:30-4:30pm KRC  
KAY5-4D 15yrs+ Su 11/20 1:30-4:30pm KRC

## Sports Activities for Adults

### Adult Team Sports Leagues

480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Baseball			X	
Co-Rec Soccer	X		X	
Co-ed Kickball			X	X
Flag Football	X			
Volleyball	X	X	X	X

Organizational meetings are a requirement for league participation and are held at the following facilities:

**ESC** Escalante Community Center, 2150 E. Orange Street  
**KRC** Kiwanis Recreation Center, 6111 S. All-America Way  
**LIB** Tempe Library Building Board Room, 3500 S. Rural Road  
**PYLE** Pyle Adult Center, 655 E. Southern Avenue

ORGANIZATIONAL MEETING		
League	Location-Date-Time	Season
Men's Baseball	Not yet scheduled	Spring 2006
Men's Basketball	PAC-12/1/05, 7pm	1/3/06-3/10/06
Flag Football	PAC-8/18/05, 7:30pm	9/20/05-11/15/05
Women's Basketball	Contact the Escalante Community Center at 480-350-5800.	
Co-Rec Soccer	PAC-7/20/05, 7:30pm	9/12/05-11/14/05
Slo-Pitch Softball	PAC-12/6/05, 7:30pm	1/20/06-4/7/06
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.

**McClintock High School Adult Fitness**-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. A fitness room supervisor will be on duty to assist, instruct and offer consultation. Locker room and shower facilities are not available. The program is offered as a partnership between the City of Tempe and the Tempe Union High School District and is free of charge. For additional information call 480-350-5218.

### KRC Indoor Volleyball League

Fee: \$225. Call 480-350-5701

#### Registration dates for leagues:

Residents: Aug. 15 - Sept. 2  
Non-Residents: Aug. 17 - Sept. 2  
League dates: 9/13/05 - 10/26/05  
Tournament dates: 11/1/05 - 11/9/05

**Sand Sports** will be offering adult sand volleyball leagues this fall at Kiwanis Recreation Center. Four divisions will be offered with games played on Mondays and Thursdays. League dates: 10/3-12/1. For registration information call Sand Sports at 480-921-7263 or visit them on the web at [www.sandsportsvb.com](http://www.sandsportsvb.com).



**Supervised Basketball Program**-The Kiwanis Recreation Center offers men's and women's ages 16yrs+ supervised drop-in basketball sessions. Two courts are available. Call ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.

NO CODE 16yrs+ Th 4:30-8pm KRC  
18yrs+ Su 9-11:30am KRC

**Drop-In Volleyball Program**-The Kiwanis Recreation Center offers men's and women's ages 16yrs+ supervised drop-in volleyball sessions. Two courts are available for all levels of play. Call

ahead to check gym availability at 480-350-5711. Program is on going. Fee: \$3.  
NO CODE 16yrs+ Su 1-4pm KRC

**Dodge Ball Tournaments**-The Kiwanis Recreation Center offers adult dodge ball tournaments four times a year. Teams are made up of eight to ten players (open enrollment). Grab some friends and get on the hardwood! Fee: \$50 per team. Registration forms are available at the Kiwanis Recreation Center or online at [www.tempe.gov/pkrec/krc](http://www.tempe.gov/pkrec/krc).

**Open Gym Volleyball**-A fun afternoon of bumping the ball around on our indoor climate controlled court. Fee: None.

16yrs+ Sa 9/10-12/17 2-4:30pm ESCA

**Adult Skills & Drills 480-350-5201**-Improve your indoor volleyball skills with 60 minutes of drills in setting, passing, overhand serving and spiking. You will learn to overhand serve and develop skills needed to play games. All students will receive a 6-Point evaluation and a Volleyball rating. Seven week camp. Fee: \$84.  
KVBP-7D 18yrs+ M 9/12-10/24 7:45-9pm KRC  
KVBP-8D cancelled ~ facility unavailable

**Spiking 101 Camp 480-350-5201**-Improve your indoor volleyball attack with 60 minutes of drills. Spiking 101 is for intermediate players who wish to learn proper arm swing, footwork and jumping technique. Class drills keep the player focused on reach and power while plyometrics training enhances vertical jump and game performance. The 3-step approach will be taught along with transition spiking. Seven week course. Fee: \$84.

KVBP-9D 16yrs+ M 9/12-10/24 7:45-9pm KRC  
KVBP-10D cancelled ~ facility unavailable

**Escalante Men's Basketball League**-This is an adult 5 on 5 indoor basketball league. Games will be officiated. Space is limited. Fee: \$250 per team.  
ZEBL-1D 18yrs+ M/W 11/16-12/21 6-9pm ESCA